



Print date: 2019-05-19

<b>Spring 2019</b>	<b>From 2019-03-25 to 2019-06-16</b>
<b>OPENING HOURS</b>	Week: 6:00 to 22:00   Week-end : 7:00 to 19:00
<b>HOLIDAYS</b>	<p>April 19: 7:00 to 19:00 Modified schedules for group classes, the pool and the gymnasium</p> <p>May 20: 7:00 to 19:00 Modified schedules for group classes, the pool and the gymnasium</p>

**Group Fitness - Strength and Cardio**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 10:00 Total Sculpt Gym - Diana <input type="checkbox"/>	09:00 - 10:00 Power Toning Gym - Beth <input type="checkbox"/>	10:00 - 11:00 Aero-Kickboxing Gym - Sule <input type="checkbox"/>	09:00 - 10:00 Interval Training Gym - Véronique <input type="checkbox"/>	09:00 - 10:00 Bootcamp Gym - Jane ◆	09:00 - 10:00 Aero-Chance Gym - Équipe/Team <input type="checkbox"/>	10:00 - 11:00 Bootcamp Gym - Sule ◆
09:00 - 10:00 STRONG by Zumba® Studio 1 - Amberley <input type="checkbox"/>	10:30 - 11:30 Total Sculpt Parent-Baby (0-12 mos with parents) Gym - Beth BB ✂ Ⓢ \$N <input type="checkbox"/>	12:05 - 13:00 Total Sculpt Studio 1 - Alison <input type="checkbox"/>	09:00 - 10:00 BOSU Studio 1 - Diana ◆	09:00 - 10:00 Toning with Barre Studio 1 - Livia <input type="checkbox"/>	10:05 - 11:05 Interval Training Gym - Lauren ◆	10:05 - 11:05 Total Sculpt Studio 1 - Livia <input type="checkbox"/>
12:05 - 13:00 Total Sculpt Studio 1 - Sylvie <input type="checkbox"/>	17:00 - 18:00 Y Pump (16+) Studio 2 - Kimberly <input type="checkbox"/>	17:00 - 18:00 Toning with Barre Studio 1 - Livia <input type="checkbox"/>	17:00 - 17:55 Total Sculpt Studio 1 - Marie-Hélène <input type="checkbox"/>	10:05 - 11:05 Y Pump (16+) Studio 2 - Amberly <input type="checkbox"/>	11:15 - 12:15 Toning with Barre Studio 2 - Livia <input type="checkbox"/>	11:05 - 12:05 Y Pump (16+) Studio 2 - Kimberly <input type="checkbox"/>
17:20 - 18:05 Aero-Kickboxing Studio 1 - Sule <input type="checkbox"/>	18:05 - 19:00 Step Studio 1 - Diana/David ◆	17:10 - 18:00 Interval Abs Studio 2 - Kristine ◆	17:30 - 18:25 HIIT Gym - Amberly <input type="checkbox"/>	12:00 - 13:00 Total Sculpt Studio 1 - Sylvie <input type="checkbox"/>		
18:10 - 19:00 Power Toning Studio 1 - Diana <input type="checkbox"/>	19:10 - 20:10 Boxing Studio 2 - Chokri <input type="checkbox"/>	18:05 - 19:05 Bootcamp Gym - Sule ◆	18:05 - 19:05 Y Pump (16+) Studio 2 - Laurie <input type="checkbox"/>	18:05 - 19:05 BOSU Studio 1 - Olivia ◆		

**Group Fitness - Cycling**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 08:50 Cycling Studio 2 - Jane <input type="checkbox"/>	08:00 - 08:50 Cycling Studio 2 - Kristine <input type="checkbox"/>	08:00 - 08:50 Cycling Studio 2 - Ross <input type="checkbox"/>	07:30 - 08:30 Cycling Studio 2 - Ross <input type="checkbox"/>	08:00 - 08:50 Cycling Studio 2 - Jacques <input type="checkbox"/>	10:10 - 11:10 Cycling Studio 2 - Maryse (R) ◆	09:00 - 10:00 Cycling Studio 2 - Patrick (R) ◆
18:05 - 19:00 Cycling Studio 2 - Kristine <input type="checkbox"/>		18:15 - 19:15 Cycling Studio 2 - Steve (R) ◆				

Levels :  All levels |  Beginner |  Advanced |  Outdoor Classes |  BBBaby Friendly |  Registration required |  Additional payment required |  (R) Reservation card available at membership services desk 20 minutes before the start of each class. |  \$N Additional fee for non-members |  Activity open to City of Montréal residents |  (W) Activity open to City of Westmount residents |  Activity sponsored by Desjardins | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons -  1 Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: [ymcaquebec.org/activities](http://ymcaquebec.org/activities).



Group Fitness - Mind and Body

Table with 7 columns (Monday to Sunday) and multiple rows of class schedules including Pilates, Yoga, and Stretching with studio names and instructor names.

Group Fitness - Dance

Table with 7 columns (Monday to Sunday) and two rows of class schedules including Zumba and Aero-Dance with studio names and instructor names.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BBBaby Friendly | ✍ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | (S) Activity sponsored by Desjardins | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - (1) Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/activities.

**Group Fitness - Martial Arts**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:00 - 20:00 Kickboxing (18+) Studio 2 - Eric/Guy <input type="checkbox"/>	11:05 - 12:05 Tai chi Studio 1 - Ron <input type="checkbox"/>	19:30 - 20:30 Kickboxing (18+) Studio 2 - Sule <input type="checkbox"/>	10:00 - 11:00 Tai chi Studio 2 - Ron <input type="checkbox"/>	18:30 - 19:30 Capoeira Studio 2 - Stéphane <input type="checkbox"/>		
	12:05 - 13:05 Qi Gong / Tchi Kung Studio 1 - Ron <input type="checkbox"/>		11:00 - 12:00 Qi Gong / Tchi Kung Studio 2 - Ron <input type="checkbox"/>			

**Group Fitness - Gentle Fitness**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:00 Gentle Yoga Studio 1 - Corinne <input type="checkbox"/>	09:00 - 10:00 Gentle Aerobics Studio 1 - Lilian ●	10:00 - 10:55 Chair yoga Studio 1 - Réal ●	09:00 - 10:00 Gentle Aerobics Studio 2 - Lilian ●	10:05 - 11:05 Chair yoga Studio 1 - Cary ●		
	13:30 - 14:30 Gentle Pilates Studio 2 - Kosta ●			15:00 - 16:00 Zumba® Gold (50+) Studio 2 - Rivky ●		

**Aquatics - Aquafit**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:35 - 10:25 Aquafit Pool - Isabelle <input type="checkbox"/>	09:35 - 10:25 Aquafit Pool - Kevin <input type="checkbox"/>	09:35 - 10:25 Aquafit Pool - Mary <input type="checkbox"/>	09:35 - 10:25 Aquafit Pool - Marine <input type="checkbox"/>	09:35 - 10:25 Aquafit Pool - Marine <input type="checkbox"/>	08:55 - 09:45 Aqua cardio Pool - Azita <input type="checkbox"/>	
	13:15 - 14:00 Aqua arthritis (65+) Pool - Rose /W \$N <input type="checkbox"/>		13:15 - 14:00 Aqua arthritis (65+) Pool - Marine /W \$N <input type="checkbox"/>			



Aquatics - Lane Swim

Table with 7 columns (Monday to Sunday) and multiple rows of swim lane schedules including times and lane numbers.

Aquatics - Open Swim

Table with 7 columns (Monday to Sunday) and multiple rows of open swim schedules including times and lane numbers.

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BB Baby Friendly | ✍ Registration required | 💰 Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | 🏠 Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | (D) Activity sponsored by Desjardins | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/activities.



**Aquatics - Swimming Clubs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>06:15 - 07:30</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □	<b>19:00 - 20:15</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □	<b>06:15 - 07:30</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □	<b>19:00 - 20:15</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □	<b>06:15 - 07:30</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □		<b>16:05 - 17:20</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □
<b>08:15 - 09:30</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □		<b>08:15 - 09:30</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □		<b>08:15 - 09:30</b> Masters Swim Club (18+) <i>Pool</i> <i>✂</i> □		
<b>17:00 - 18:15</b> Swim Club (6-17 yrs) <i>Pool</i> <i>✂</i> \$ □		<b>17:25 - 18:40</b> Swim Club (6-17 yrs) <i>Pool</i> <i>✂</i> \$ □		<b>17:00 - 18:15</b> Swim Club (6-17 yrs) <i>Pool</i> <i>✂</i> \$ □		

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BB Baby Friendly | ✂ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | ⚙ Activity open to City of Montréal residents | (W) Activity open to City of Westmount residents | (S) Activity sponsored by Desjardins | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - (1) Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: [ymcaquebec.org/activities](http://ymcaquebec.org/activities).

**Health and fitness - Sports and Recreation**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>06:00 - 08:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>06:00 - 08:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>06:00 - 08:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>06:00 - 08:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>06:00 - 08:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>07:00 - 08:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>07:00 - 09:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>
<b>06:30 - 07:30</b> Open Studio (18+) <i>Studio 2 - Val</i> <input type="checkbox"/>	<b>11:45 - 12:30</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>06:30 - 07:30</b> Open Studio (18+) <i>Studio 2 - Val</i> <input type="checkbox"/>	<b>11:15 - 12:45</b> Open Gym (For all ages) <i>1/2 Gym</i> <input type="checkbox"/>	<b>06:30 - 07:30</b> Open Studio (18+) <i>Studio 2 - Val</i> <input type="checkbox"/>	<b>12:15 - 14:45</b> Open Basketball (18+) <i>Gym - Nkosane/Kevin</i> <input type="checkbox"/>	<b>13:00 - 14:30</b> Supervised Badminton <i>Gym - À venir/TBA</i> <input type="checkbox"/>
<b>11:15 - 13:45</b> Open Gym (For all ages) <i>1/2 Gym</i> <input type="checkbox"/>	<b>12:30 - 14:00</b> Open Gym (For all ages) <i>1/2 Gym</i> <input type="checkbox"/>	<b>11:05 - 13:45</b> Open Gym (For all ages) <i>1/2 Gym</i> <input type="checkbox"/>	<b>12:45 - 15:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>11:15 - 12:45</b> Open Gym (For all ages) <i>1/2 Gym</i> <input type="checkbox"/>	<b>14:45 - 16:00</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>14:45 - 16:15</b> Open Gym (For all ages) <i>1/2 Gym</i> <input type="checkbox"/>
<b>14:00 - 15:30</b> Pickleball (18+) <i>Gym - Paul</i> <input type="checkbox"/>	<b>14:00 - 15:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>14:00 - 15:30</b> Pickleball (18+) <i>Gym - Javier</i> <input type="checkbox"/>		<b>12:30 - 14:30</b> Pickleball (18+) <i>Gym - Marie-Josée</i> <input type="checkbox"/>	<b>16:00 - 18:45</b> Open Studio (18+) <i>Studio 2 - Justine</i> <input type="checkbox"/>	<b>16:00 - 18:45</b> Open Studio (18+) <i>Studio 2 - Na</i> <input type="checkbox"/>
<b>20:45 - 21:45</b> Open Studio (18+) <i>Studio 2 - Ange-Leonce</i> <input type="checkbox"/>	<b>14:00 - 15:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>19:00 - 19:45</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>		<b>14:45 - 16:15</b> Open Gym (For all ages) <i>Gym</i> <input type="checkbox"/>	<b>16:15 - 18:45</b> Open Volleyball (18+) <i>Gym - Casey</i> <input type="checkbox"/>	
	<b>19:15 - 21:45</b> Open Volleyball (18+) <i>Gym - Brent</i> <input type="checkbox"/>	<b>19:45 - 21:45</b> Open Cosom Hockey (18+) <i>Gym - Chris</i> <input type="checkbox"/>				
	<b>20:45 - 21:45</b> Open Studio (18+) <i>Studio 2 - Na</i> <input type="checkbox"/>	<b>20:45 - 21:45</b> Open Studio (18+) <i>Studio 2 - Lawrence</i> <input type="checkbox"/>				

**Health and fitness - Small Group Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>09:10 - 09:55</b> TRX® (5 weeks) <b>10 April - 8 May</b> <i>Studio 2 - Diana</i> \$ <input type="checkbox"/>				<b>12:15 - 13:00</b> Foam Roller Stretching (10 weeks) <b>31 March - 9 June</b> <i>Studio 2 - Sule</i> \$ <input type="checkbox"/>
		<b>15:00 - 15:45</b> Restorative Yoga (10 weeks) <b>27 March - 29 May</b> <i>Studio 1 - Chitra</i> \$ <input type="checkbox"/>				

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## Parent & Baby / Family Activities - Parent & Baby Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>10:30 - 11:30</b> Total Sculpt Parent-Baby (0-12 mos with parents) <i>Gym - Beth</i> BB ✂ Ⓜ \$N □					

## Parent & Baby / Family Activities - Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>14:30 - 16:00</b> Family Open Swim (City) (For all ages) <i>Pool</i> Ⓜ BB Ⓜ □

## Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>13:05 - 14:35</b> Soccer Plus (3 yrs - 5 yrs) <b>1 April - 3 June</b> <i>1/2 Gym - À venir/TBA</i> ✂ \$ ●	<b>13:05 - 14:35</b> Soccer Plus (3 yrs - 5 yrs) <b>2 April - 4 June</b> <i>1/2 Gym - À venir/TBA</i> ✂ \$ ●	<b>13:05 - 14:35</b> Gym and Swim <b>3 April - 5 June</b> <i>1/2 gym / Pool - À venir/TBA</i> ✂ \$ ●	<b>13:05 - 14:35</b> Lil' Chefs <b>4 April - 6 June</b> <i>Classroom 2 - À venir/TBA</i> ✂ \$ ●	<b>16:15 - 17:00</b> Jr. NBA (5-7 yrs) <i>Gym - Vonrick</i> ✂ \$ □		<b>11:15 - 12:00</b> Badminton - Child (6-8 yrs) <i>Gym - Robert</i> ✂ \$ □
<b>16:00 - 16:45</b> Soccer - Children (5-6 yrs) <i>Gym - Felipe</i> ✂ \$ ●	<b>16:00 - 16:45</b> Basketball - Children (8-11 yrs) <i>Gym - Dean</i> ✂ \$ □	<b>16:00 - 17:00</b> Martial arts - Children (6-12 yrs) <i>Studio 2 - Anthony</i> ✂ \$ □	<b>16:00 - 17:00</b> Soccer - Children (9-12 yrs) <i>Gym - Felipe</i> ✂ \$ □	<b>16:30 - 17:30</b> Bootcamp - Children (8-11 yrs) <i>Studio 2 - Sule</i> ✂ \$ □		<b>12:00 - 12:45</b> Badminton - Child (9-12 yrs) <i>Gym - Robert</i> ✂ \$ □
<b>16:00 - 17:00</b> Capoeira - Children (6-12 yrs) <i>Studio 2 - Stephane</i> ✂ \$ □	<b>17:00 - 17:45</b> Basketball - Children (8-11 yrs) <i>Gym - Dean</i> ✂ \$ □					
<b>17:00 - 17:45</b> Soccer - Children (7-8 yrs) <i>Gym - Felipe</i> ✂ \$ ●						

Levels : □ All levels | ● Beginner | ◆ Advanced | ⚙ Outdoor Classes | BB Baby Friendly | ✂ Registration required | \$ Additional payment required | (R) Reservation card available at membership services desk 20 minutes before the start of each class. | \$N Additional fee for non-members | Ⓜ Activity open to City of Montréal residents | Ⓜ Activity open to City of Westmount residents | Ⓜ Activity sponsored by Desjardins | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: [ymcaquebec.org/activities](http://ymcaquebec.org/activities).